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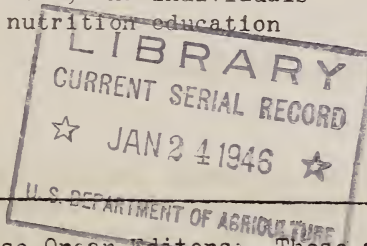
MONTHLY

# INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals  
and groups promoting nutrition education

U. S. DEPARTMENT OF AGRICULTURE  
Production & Marketing Adm.  
Western Union Building  
Atlanta 3, Georgia



To House Organ Editors: These articles  
may be included in your plant publication.  
Select those which will interest your  
readers.



## FOOD NEWS

### Foods of the Month

Poultry will be plentiful in December. Civil-  
ians who got scarcely a whiff of the tradition-  
al Christmas turkey last year will find turkeys  
in the markets throughout the month. Roasting  
chickens also will be plentiful. Cabbage,  
carrots, and white potatoes will continue to  
be abundant throughout the country. Fresh  
topped beets will be found in the markets in  
the Midwest and Northeast.

### Good News for Workers

Many industrial plants will take advantage of  
the plentiful supply of tom turkeys. Turkey  
plates and hot turkey sandwiches will be served  
in plant cafeterias. Remember that turkey and

chicken are good buys in food value as well as in satisfaction. Protein,  
iron, and the B vitamins are found in poultry, and more niacin than in most  
other meats.

### Beets for color and food value

The red, red beet is one of the most colorful of vegetables. It contributes  
minerals, especially iron, to the diet, as well as plenty of eye appeal to





the meal. As beets are usually cooked in their skins, there is little loss of minerals during cooking.

### TAKE HOME IDEAS

#### Turkey Talk

Get a large tom turkey if the family is gathering together for Christmas. There'll be plenty of delicious hot turkey for the big dinner, and there'll be cold turkey for another meal. If your family is small, you may be able to purchase a half-turkey -- available in some cities. It should be roasted just like a whole bird.

If stuffed turkey or roast chicken is the order of the day, the following suggestions for preparation and roasting the birds are worth noting:

#### Selection

1. Select a young, well-fatted bird for roasting.
2. Allow for each person to be served:  
3/4 to 1 pound (dressed weight) of turkey.  
1 pound (dressed weight) of chicken.

#### Preparation

1. Clean the bird well. Pull out the pinfeathers, and singe the bird to remove the hairs.
2. Rinse the bird thoroughly inside and out. The skin may be rubbed with a little corn meal to cleanse it.

#### Stuffing and Trussing

1. Before stuffing, rub the inside of the bird with salt.
2. Fill the body cavity with stuffing. Allow about 4 cups of bread crumbs for a 5-pound roasting chicken (dressed weight), and 12 cups (3 quarts) for a 14-pound turkey (dressed weight). Be sure to allow room for the stuffing to expand during roasting.
3. Tie the legs and wings close to the bird, and fold the neck skin toward the back and fasten.
4. Rub the outside of the bird with fat.



### Roasting

1. Place the bird breast down in a shallow uncovered pan with a rack. Turn the bird from one side of the breast to the other, as it roasts, to insure even cooking.
2. Roast the bird at a constant temperature of about 300° F. until the flesh is tender.
3. Allow about 30 minutes of roasting time per pound for chickens weighing 4 to 5 pounds.
4. Allow about 20 minutes of roasting time for medium-weight turkeys, and 15 to 18 minutes per pound for heavy turkeys.

### Cooking Beets at Home

Beets are one of the most colorful vegetables when they are prepared properly. To retain the bright red color and fine flavor of fresh beets, prepare them as follows:

1. Wash the beets thoroughly, leaving on the rootlets and about 2 inches of the stems.
2. Start cooking the beets in enough boiling water to cover. Cook the beets until tender in a covered container.
3. Drain the beets and cover them with cold water to loosen the skins.
4. Slip off the skins, rootlets, and stems.
5. Slice or dice the peeled beets and season them with butter, fortified margarine, or meat drippings, and salt and pepper to taste.
6. Vary the flavor occasionally by serving the beets with vinegar or lemon, or with a "Harvard" sauce.



Shredded beets and sliced pickled beets are good in salads. Keep the beets in a separate mound as they will color other salad materials.

### HEALTH NOTES

If you were a regular blood donor during the war you should be careful to keep the supply of material for red blood cells ahead of your body's demand. To do this you should get a good supply of iron and protein in your food.

Meats, eggs, and leafy green vegetables are excellent sources of iron. Potatoes and beets contain considerable amounts. Whole-grain cereal and enriched bread will also add iron to your diet. Eat a good healthful breakfast, an egg a day, and a protein-rich dish for lunch and dinner every day.

